



Town of
Bolton
Massachusetts
Incorporated 1732

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Council On Aging Board Meeting Agenda

Date:

Tuesday, January 23, 2024 - 10:00am

Senior Center Community Room at the Bolton Country Manor, 600 Main St.

Related Event:

Council On Aging Board Meeting

Council On Aging Board Meeting Agenda 1/23//24

10:00am -10:05am Citizen's Comments

10:05am - 10:15am Reading of Minutes from December 2023 COA Meeting

Approval of December 2023 COA Minutes

Financial Report

10:15 – 11:30pm FOBS Update

2024 Program and Project Ideas

Outreach/Program Coordinator's Report

Other Board Concerns and Discussion

Director's Report

Source URL: <https://www.townofbolton.com/council-aging-coa/agenda/council-aging-board-meeting-agenda-11>

Town of Bolton C.O.A. Meeting
January 23, 2024

Meeting at the Senior Center

Members Present: Panny Gerken, Chair; Barbara Brown, Tom Byron, Alice Roemer, Corinne Mackie, Shirley Sefton, Molly Myers
Lisa D'Eon, Heather Goodsell, FOBS Mary Ciummo

A quorum being present, the meeting opened about 10:01 AM.

The minutes from the December COA meeting were approved as amended. The Annual Report was approved as amended.

Financials: OK. See handout.

FOBS: January Tuesday Connections got cancelled due to weather. February Harvey Leonard will be here at the Senior Center with a capacity of 40. Additional Connections are scheduled through June. Hands on programs seem to attract more people. Perhaps additional programs besides Connections could be added, such as Bingo. Remember, FOBS can support what the COA budget won't allow. Any other projects, program ideas, FOBS can help.

Greeter issue: for better use of Lisa and Heather's time, we need volunteers to host COA events at the Senior Center. Also, the office doors should close at 2. Sign-up Genius can be used. Volunteers could bring a friend. For future events, music improves attendance, as do making things events.

When construction here starts, parking for the Senior Center should be the first thing. If special signage is needed, the Department of Corrections can help.

Heather's Outreach report: See handout. A number of events are scheduled for February, March, and April. Also, 2 Cultural Council Grant applications were accepted. The Bolton Cub Scouts are making a donation to the Fuel Assistance program. Molly and Tom will attend the Pinewood Derby on February 10th to accept the donation on behalf of the COA. Mart programs are going well, and fuel assistance is running smoothly. Don't forget it's Girl Scouts cookie season.

Director's report: Fliers for the Veterans Talk Series have been sent, scheduled on the first Tuesday of every month. Berlin veterans are included for greater participation. FOBS is sponsoring food. Nashoba Neighbors is doing well, and will celebrate it's first year of service.

Next COA meeting is February 27, at 10 am.

The meeting adjourned at 11:14.

Respectfully submitted: Tom Byron

Bolton Council on Aging
January 2024

<u>Category</u>	<u>Total Year Budget</u>	<u>Spent Year-To-Date</u>	<u>Spent %</u>	<u>Balance Remaining</u>
Town Warrant				
<u>Fixed</u>				
Salary	\$ 56,117.00	\$31,296.51	55.77%	\$ 24,820.49
Wages	\$ 42,026.00	\$23,437.80	55.77%	\$ 18,588.20
Software Support	\$ 1,200.00	\$ 1,190.00	99.17%	\$ 10.00
Building Lease	\$ 4,551.00	\$ 4,087.00	89.80%	\$ 464.00
Cable/DSL	\$ 1,200.00	\$ 735.20	61.27%	\$ 464.80
Telephone	\$ 600.00	\$ 202.19	33.70%	\$ 397.81
Subtotal-Fixed	\$ 105,694.00	60,948.70	57.67%	\$ 44,745.30
<u>Discretionary</u>				
Purchased Services	\$ 3,800.00	\$ 1,600.00	42.11%	\$ 2,200.00
Supplies	\$ 4,500.00	\$ 1,433.63	31.86%	\$ 3,066.37
Subtotal-Discretionary	\$ 8,300.00	\$ 3,033.63	36.55%	\$ 5,266.37
al Warrant Spending	\$ 113,994.00	\$63,982.33	56.13%	\$ 50,011.67
<u>Grant</u>				
Lisa- Extra 3 hours	\$ 6,859.00	\$ 3,470.90	50.60%	\$ 3,388.10
Fitness/Balance	\$ 4,680.00	\$ 1,508.00	32.22%	\$ 3,172.00
Classes-Art/Garden Therapy	\$ 6,450.00	\$ 2,941.03	45.60%	\$ 3,508.97
Holiday Luncheon	\$ 1,200.00	\$ 1,200.00	100.00%	\$ -
Transportation/misc.	\$ 1,065.00	\$ 868.35	81.54%	\$ 196.65
Total Grant Spending	\$ 20,254.00	\$ 9,988.28	49.32%	\$ 10,265.72
State Grant Balance 2023	\$ 12,349.00			
50% 2024 State Grant	\$ 9,065.00	(amount increased from \$8598)		
Total State Grant Available	\$ 21,414.00			
FY 22 Earmarked Fund	\$ 19,640.00			
Fuel Assitance Balance	\$ 6,657.72			
Bolton Balance	\$0			

Council On Aging

Panny Gerken, Chair	2024
Shirely Sefton	2026
Janet Smith	2025
Alice Roemer	2024
Corinne Mackie	2025
Molly Myers	2025
Barbara Brown	2026
Thomas Byron	2026
Chuck McCormack	2024

The Council On Aging (COA) worked closely with the Bolton senior community and their families in 2023. Over 4,000 hours of engaging programs were offered to seniors to help stave off loneliness and lend support.

Forever working toward the goal of enriching the lives of seniors, the COA continued to offer programs and resources that can help keep seniors healthy and strong. There were three exercise classes each week to keep seniors moving. The Town Nurse and VNA nurse came in monthly to check blood pressures and address general wellness concerns. Health related educational programs were offered, and two mobile farmer's markets visited 600 Main Street regularly. These markets made fresh fruits and vegetables accessible to not only seniors, but to the entire Bolton community. Keeping the well-being of seniors top of mind, the COA organized its largest and most comprehensive Health Fair yet. All of the 22+ vendors had a focus on a senior-related service or specialty. The fair was very well attended, and it provided valuable information and resources to the community.

The COA continued its assistance with Medicare questions and open enrollment. Appointments with a SHINE volunteer counselor or a member from Integrity Medicare Advisors were offered to the community. This support and guidance provided vital answers to questions, and walked seniors through the challenging process of enrolling in Medicare.

The Council On Aging provided MART van transportation to seniors and disabled persons. Rides to medical appointments, grocery stores, pharmacies, and more were given. The COA also benefited from a transportation grant that allowed the COA to offer even more options for transportation. The Go Bolton program utilized the services of a locally owned livery

company, allowing more seniors access to transportation.

The COA also provided support to seniors who needed fuel assistance. The Council On Aging helped seniors apply for the state program, as well as the Town Fuel Assistance program. The COA continued to monitor homebound seniors and were a resource for families dealing with challenging situations regarding their senior loved ones. A new mini food pantry was put in place at the senior center. The Sharing and Caring Pantry provided seniors with food item staples, as well as products that SNAP Benefits do not cover, such as incontinence products and various toiletries. A Grief and Support Group began meeting once a month at the senior center as well. This group is facilitated by a grief counselor from Nashoba Associated Boards of Health, and it is an invaluable outlet for community seniors who have experienced loss.

The health implications of loneliness are equivalent to smoking up to 15 cigarettes a day, and widespread loneliness is considered to be among the latest public health epidemics. The COA is working diligently to support senior's physical and mental health, and well-being. We provided numerous opportunities for seniors to connect and have fun. Some examples of the programs and events we furnished are weekly art lessons, Fun Friday trips, movie matinees, coffee socials, senior book club, musical entertainment and concerts, interesting guest speakers, craft instruction, bingo, picnic luncheons, ice cream socials, holiday parties and more. There were wonderful bus trips offered as well. Seniors took a luxury coach bus to Essex Connecticut and rode the Essex Steam Train and River Boat. Our next very sought-after day trip was a scenic train ride around Lake Winnepesaukee that also boasted a fabulous turkey dinner. Fun was had by all,

January 2024 COA Meeting
Outreach/Programs Minutes

This week we have 2 great programs that I would like to boost attendance at. Tomorrow, Worcester Registry of Deeds and Worcester Probate Court will be here to do a presentation on Asset Planning and how to keep your assets out of probate. Thursday, a professor from MIT will be here to discuss Israel & Hamas. If you, or anyone you know would like to attend please let me know asap.

To continue with the theme of Setting Yourself Up For a Successful Future, I have booked National Grid to come do outreach and help people lower their electricity bills and save money on 2/28, Attorney Philip Archidiacono from Concord will be coming to present a program on 7 Documents Everyone Should Have on 3/20. He will also be providing Elder Law mini-sessions for anyone who has questions on 4/3. Honoring Choices will be doing a workshop (they will be on Zoom, we will be in person.) on 4/11. This program is to help people think about end of life wishes and how to have them carried out.

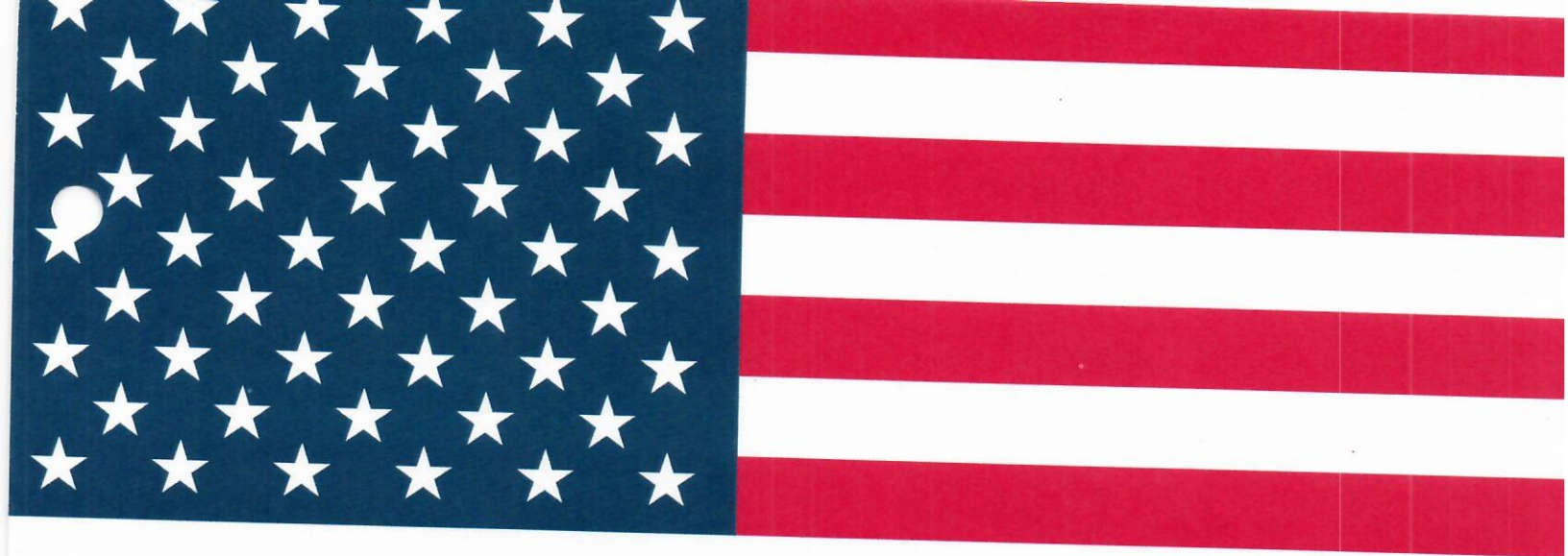
Other notable programs coming up in February and March are Swimming Birds of the Assabet River with David Wells (About David: David received his undergraduate degree in Wildlife Biology at College of Environmental Science and Forestry at Syracuse University in the 1970s. He went on to receive a Ph.D. in Toxicology and spent his career in pharmaceutical research. As a retired resident of Stow, he has returned to his roots and spent the last 3 years doing an informal survey of the plants and animals along the Assabet River as a hobby.) and Otters, Beavers, Muskrats and Mink with the Nashua River Watershed Assoc.

Back in the fall, I applied for 2 cultural council grants and I am happy to report that both were fully funded. We will now be able to hold a watercolor class with Pop up Art School and have an in person program with the Museum of Russian Icons.

The Cub Scouts made a generous donation to the Fuel Assistance Fund again this year and they were hoping members of the COA board would be able to attend the Pinewood Derby and accept the donation (in the form of a giant check!) again this year. The derby is on Saturday, February 10th at 10am.

Both MART programs are going well. After my last chat with Scott Rich from MART, he let me know that we have had 6 people utilize the Highland Commons shuttle service. Hopefully the program will only grow from here. As I mentioned before, I worked with Don Lowe to request an extension for our GoBolton grant funds and as of now, we have not heard anything back. This means that the only transportation we are able to provide is what we can book on our MART van.

Fuel assistance is running smoothly. I spoke to a resident last week who applied with MOC in the beginning of December and she has already received her FA award. I think things at MOC are running more efficiently this winter. So far, I have received 9 applications back and paid 4 oil bills. I have also received 4 donations totaling \$2307.



VETS TALK PROGRAM

A PLACE WHERE VETERANS CAN COME TOGETHER



Veterans from Bolton & Berlin are invited to the Bolton Senior Center on the 1st Tuesday of each month at 10AM.

Join us for VETERANS ONLY coffee, camaraderie & conversation with others who have served.

600 Main St. Bolton, MA 01740

2024 dates are below. Please RSVP to the COA if you would like to attend!

**2/6, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3,
10/1, 11/5, 12/3**

For more information call the Bolton COA at 978-779-3313 or 978-779-3314